



My Minnesota Farmer CSA

My basket this week may include

- ❖ **Pumpkins** – We have all of the pumpkins harvested now. We are even a little ahead and have the patch mowed and ready for the next step to get it ready for the winter freeze, thaw cycle. These are pie pumpkins. They are great for pies, breads, custards or even just carving.
- ❖ **Celery** – This celery has grown so well this year. We are excited about the abundant harvest we have from it. If you don't have a use for it immediately cut it, freeze it and take it out to flavor stews this winter.
- ❖ **Gourds** – Here is the first thing we have sent out this season that isn't edible. Gourds are a decoration to make your home more festive during the fall. Put them with your pumpkins and squash until you use the food items. They are a great fall decoration. Once they dry they are great for maracas. ☺
- ❖ **Garlic** – What is a warm winter stew without garlic? Use this now or save it in a cool place.
- ❖ **Red Onions** – Red onions are a beautiful addition to any meal. These are great for storage. Put them in a cool place if you are planning on keeping them for a while. These are wonderful in a fresh lettuce salad!
- ❖ **Parsley** – Another great dish of garlic roasted potatoes coming up. We love them and hope you do too. This is also a great accent on the dinner plate.
- ❖ **Green Beans** – Our last planting of green beans looks great despite the fact that it was kissed by frost. Tender and delicious. That is the way we like it.
- ❖ **Cucumbers** – Still no heavy frost so the new planting of cucumbers we have in the tunnel is producing awesome. We will see how many people get cucumbers. I think we should have enough for full shares.
- ❖ **Peppers** – I may have some extra peppers to throw in. If you get one think of them as a bonus. I don't think we will have enough for everyone.
- ❖ **Tomatoes** – I think we will still have enough tomatoes for everyone this week but I will not know for sure until I start putting them in boxes.
- ❖ **Kennebec Potatoes** – This week we will share with you Kennebec potatoes. There is nothing like enjoying a potato when you know all of them are dug for the year! Yeah!! It is a great feeling to have that finished, now if we only could have the onions finished too... ☺ The red and white onions are out of the ground but we are still working on the yellows.
- ❖ **Apples** – These are organic and not pretty but we will get you what we feel comfortable sending out.

Looking for More Produce?

Thank you for the wonderful season! This is the last week of regular season. Are you going to miss your weekly boxes? If you aren't signed up for extended season you can still do that online if you want that last box. You can also add chicken, eggs or anything else you are going to miss. These can be delivered this week or the week of extended season.

Thanksgiving turkeys fresh the Tuesday before Thanksgiving are available. Order online or let us know you are interested.

Thanksgiving fresh and preserved shares are available online now.

Grass Fed Beef 1/12th beef shares area available now or at the December delivery.

Chicken, Chicken Stock and Eggs are also available at the link below. Stock your freezer for the winter now.

http://csa.farmigo.com/join/myminnesotafarmer_csa/fall2015 Here is the link to the Thanksgiving Store.

I have all the shares set up for **the 2016 season**. I will send out the link for signing up once I get that from my computer administrators. You get a 4% discount on your share for signing up before January 1st. If you missed out on beef, cut chickens, lamb, pork or anything this year, signing up early will secure your spot.

Extended Season Box

Squash
Onions
Garlic
Tomatoes
Cucumbers
Celery
Potatoes
Peas or Pea Shoots
Lettuce
Baby Bok Choy
Apples
Cabbage

The Blessing of Farming

Farming is such a wonderful although labor intensive job. I was getting my kids all situated on the trailer behind our lawn tractor to go out to harvest some beets, kale, lettuce, chard and parsley. As I was giggling with my 10 year old son driving on my lap and the other kids were 'deciding' on who was going to steer on the way up I realized how blessed we are. No television blaring in the background, no deciding who has the coolest clothes, grungy and going out to 'play' in the dirt, we are a family. God has blessed us to be able to farm and live the life we feel he is leading us though I know that even though this is tough this is exactly where we are supposed to be.

Thank you so much for purchasing our veggies, eggs and meat so we can continue to be a farming family. I am sure I don't say it enough so again, THANK YOU! We so appreciate your business. We will continue to grow fresh, chemical free produce for you as long as this is our calling. Thanks for supporting our dreams and goals.

Greek Green Beans

1/3 cup olive oil
1 cups chopped onions
1 small clove garlic
1 lb fresh green beans, rinsed and trimmed
2 medium tomatoes, diced
1 tsp sugar
Salt to taste

Heat oil in skillet over medium heat. Cook the onions and garlic in the oil until tender.

Mix the green beans, tomatoes, sugar and salt into the skillet. Reduce heat to low and cook for 45 minutes or until beans are soft.

Hope you enjoyed your regular season.

The extended season continues one additional week October 19th through 24th.